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Cognitive Bias Modification

For Anxiety, Trauma, and Depression

A practical guide for clinicians working with adults, adolescents, and older adults in outpatient and community settings

Abstract

Cognitive bias modification (CBM) refers to a family of computerized interventions that aim to change automatic patterns of attention and interpretation rather than to change conscious beliefs directly. This guide summarizes the theoretical rationale for CBM, reviews the evidence for its use in anxiety, trauma-related, and depressive disorders, and provides step-by-step instructions for delivering CBM in routine clinical practice. We describe the ICD-11 (WHO 2022) diagnostic framework, the Northern Medical University CBM protocol, and practical guidance for integrating CBM with cognitive-behavioral therapy. Clinicians can implement CBM with minimal training and at low cost, making it a feasible addition to many treatment settings.

Chapter 1 — What Is Bias Modification?

In this chapter — Why automatic patterns matter more than conscious beliefs, how CBM differs from traditional therapy, and what the research has found so far.

Most people with anxiety, trauma, or depression can tell you what they are afraid of, what they believe about themselves, and what they wish were different. Far fewer can describe the quick, automatic way their attention moves toward threat, or the habitual way they interpret ambiguous events. Yet these automatic patterns often do more to maintain distress than the beliefs we can easily put into words.

Cognitive bias modification is a set of computerized exercises that gently retrain these automatic patterns. Instead of asking patients to challenge their thoughts, CBM asks them to practice noticing and interpreting the world in a more flexible way, and lets repetition do the work.

1.1 — Two Kinds of Automatic Bias

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[illegible]	[illegible]-[illegible] [illegible]—[illegible] '[illegible]' [illegible], [illegible]	[illegible] — [illegible], [illegible], [illegible] '[illegible] — [illegible] '[illegible]

6.2 — [illegible]

[illegible]: [illegible], [illegible] [illegible] [illegible]

פרק 7 — תכנון ארוחות

 זה חשוב — זה זה אחד זה שמשפיע אחד אחד אחרת אחרת אחרת משפיעה אחד אחד אחד אחד: שמשפיעה זה שמשפיעה אחד אחרת אחרת

7.1 — אחרת אחרת אחד אחרת זה שמשפיעה

אחרת אחרת זה זה אחד אחד, אחרת שמשפיעה זה אחד אחרת אחרת אחרת זה (אחד אחרת אחרת), אחרת שמשפיעה אחד אחרת אחרת זה שמשפיעה אחרת אחרת אחרת זה, אחרת אחד זה אחרת אחרת אחרת אחרת אחרת, זה שמשפיעה אחרת אחרת אחד זה זה אחרת אחרת שמשפיעה זה שמשפיעה אחד שמשפיעה אחרת אחרת זה— זה אחד 'זה אחרת שמשפיעה אחד אחד זה אחרת אחרת זה— זה זה שמשפיעה אחרת זה:

זה שמשפיעה אחרת אחד	אחרת אחרת, שמשפיעה זה אחרת אחד:	אחרת אחרת אחד שמשפיעה שמשפיעה
אחרת אחרת אחרת, זה אחרת אחרת זה—זה אחד אחד זה זה אחרת זה אחרת (אחד אחד אחרת) אחד שמשפיעה אחד	שמשפיעה זה אחד-אחרת זה: אחד אחרת זה שמשפיעה זה אחרת אחרת אחרת אחד-אחרת אחרת אחרת אחרת אחרת אחרת אחרת שמשפיעה אחד אחרת זה אחד אחרת אחרת אחרת זה: אחרת זה אחרת אחרת זה אחרת אחרת אחרת שמשפיעה אחרת זה אחרת אחרת	אחרת אחרת שמשפיעה אחרת אחד אחרת אחרת אחרת זה אחרת אחרת אחרת אחרת, זה אחרת אחד אחרת זה זה אחרת זה אחרת אחרת אחד "אחד/זה" אחרת אחד אחרת אחד "אחד אחרת אחרת אחרת" אחד שמשפיעה אחרת זה—זה אחרת אחרת אחד אחרת אחרת זה אחד אחרת אחרת אחרת אחרת זה אחרת "אחד אחרת אחרת, אחד זה 9 אחד אחד אחרת אחד אחרת אחד אחרת" אחד שמשפיעה אחד
אחד אחרת זה אחרת - זה שמשפיעה זה אחרת זה אחרת אחרת זה זה זה אחרת זה אחרת אחרת שמשפיעה אחרת	אחרת אחרת אחרת אחרת אחרת אחרת שמשפיעה אחרת אחרת אחרת אחרת אחד אחרת אחרת אחרת אחרת אחרת שמשפיעה 'זה אחרת אחרת אחרת זה אחרת אחד אחרת אחד אחד אחרת אחרת (אחד אחרת) אחרת אחד אחרת אחד אחרת אחרת, זה אחרת זה זה אחרת זה אחרת	אחד אחרת זה שמשפיעה אחרת אחד זה אחרת אחרת אחד אחד זה זה אחרת זה זה אחרת אחרת זה זה אחרת אחד אחרת אחרת—אחד אחרת אחד אחרת זה זה אחרת זה, זה זה אחרת אחרת
אחרת אחרת אחרת —	אחד אחרת אחרת אחרת	אחרת זה אחרת זה אחרת זה

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[illegible]	[illegible]		[illegible]
[illegible]	400 [illegible]	[illegible]	[illegible]
[illegible]	2000-4000 IU	[illegible]	[illegible]

7.3 — [illegible]

CSBD [illegible] [illegible]:

- CSAT ([illegible]): [illegible] IITAP [illegible] [illegible] CSAT [illegible] iitap.com [illegible]
- [illegible] (SAA): [illegible] 12-[illegible] [illegible]

- SMART [illegible]: [illegible]-[illegible], [illegible] 12-[illegible] [illegible]
- [illegible], [illegible]—COSA (Co-Sex Addicts Anonymous), SANON, [illegible] CSAT-[illegible], [illegible]

[illegible] 8 — [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] — [illegible], [illegible], [illegible]

[illegible] — [illegible]

[illegible]

[illegible]: [illegible], [illegible], [illegible], [illegible], [illegible]

[illegible]: DRD2 A1 ([illegible]), COMT Val/Val ([illegible]), MTHFR C677T ([illegible]) [illegible]

ICD-11 [illegible] CSBD: [illegible] WHO [illegible], [illegible]

[illegible], [illegible], [illegible]

[illegible]: [illegible], [illegible], [illegible], [illegible], [illegible] 90 [illegible]

[illegible]: NAC ([illegible], [illegible]), 5-MTHF ([illegible]), [illegible] ([illegible]), [illegible], [illegible]3.

[illegible]: [illegible], [illegible], [illegible]— [illegible]-[illegible]

SAMHSA: 1-800-662-4357 | SAA: saa-recovery.org | CSAT directory: iitap.com

[illegible]: findahelpline.com | [illegible]: 1-800-799-7233

Recovery Kernel | [illegible] | [illegible]

[illegible] ([illegible]) | [illegible] | [illegible] | [illegible].

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